

Fiber optic modules having a pull-actuator to unlatch and withdraw (i.e. unplug) it from a cage assembly or a module receptacle. The pull-actuator includes a pull-tab, an arm or push rod, and a catch to couple to a pivot-arm actuator. The pivot-arm actuator pivotally latches to the pull-actuator and to the cage assembly or module receptacle. The pull-actuator makes it easy to de-latch and unplug a fiber optic module. A nose grip is further provided to pull the fiber optic module away from the cage or module receptacle. A belly-to-belly mounting configuration is introduced for the pull-release fiber optic modules.